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PAGES 8 & 9

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Police fear review will lead to cuts

Operational review.
 Police association not happy U.S. firm chosen



SHANE GIBSON
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The Winnipeg Police Association (WPA) is disappointed an American firm was chosen to conduct a sweeping review of the Winnipeg Police Service, and questions whether law and order will be top of mind during the process.

"Our preliminary research indicates this firm has a track record of cutting and slashing frontline police services and jeopardizing public safety," said WPA president Mike Sutherland Monday as U.S.-based Matrix Consulting Group starts work on the re-

view. "We know that there are competent, skilled Canadian firms out there ... and there are significant differences between the American system, in terms of its policing, and the Canadian system."

The review will look at all aspects of the force's operations, including organizational structure, systems, technology, administration and staffing, and will focus on finding efficiencies and potential savings, according to the city.

Sutherland also said the WPA — which represents all of the city's police officers — is being shut out of the review process. He worries the review's outcome has been predetermined, since Coun. Scott Fielding (St. James-Brooklands) suggested millions could be saved by the review at the executive-policy

committee meeting last week.

"I'd certainly be happy to hear where he, in fact, intends to find those (funds) without cutting frontline services," said Sutherland.

Fielding defended the \$174,000 review, telling Metro the police department eats up about 26 per cent of the city's annual budget and that spending should be assessed. He said he would not support laying off police officers, even if the review makes that recommendation.

"We've made some pretty substantial investments in policing," he said. "If we can have experts come in and tell us how we may be more efficient, I think that's a very good process."

The operation review of the Winnipeg Police Service is expected to take about four months.

HOW THE MIGHTY FALL

Sean Strachan, 29, sets up his big version of Jenga, which can get as tall as six feet during play. Jenga's not the only giant game in Strachan's cabinet and his latest project promises to be a spectacle. See story, page 4. SHANE GIBSON/METRO

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Vision for park realized in winter upgrade money

Failed water park inheritance. Facility officials plan new skating rink, enclosed canteen and cross-country skiing trails



BERNICE PONTANILLA
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Money set aside for an unsuccessful water park will soon flow to community projects across the city, including a new outdoor skating rink in east Winnipeg.

On Monday, Mayor Sam Katz and Coun. Russ Wyatt announced \$200,000 for Transcona's Buhler Recreation Park, the money coming from a \$3.8 million investment fund for recreation and leisure.

Facility manager Steve Mymko said the winter upgrades to the park, located just off Dugald Road, completes the vision he and fellow members of his group had years ago of making Buhler

Outdoor enthusiast

"We got something going here and the fact that we have a community group running it, we're proud of that. And having the city backing us up all the time, that's even better."

Tom Thompson, president of the East Winnipeg Sports Association

Park a year-round facility.

Tom Thompson, president of the East Winnipeg Sports Association, said the Park will provide some of the amenities that Assiniboine Park does for Winnipeggers on the west side of the city.

"We can't match the size of that Park over there and its history, but we got something going here and the fact that we have a community group running it, we're proud of that. And having the city backing us up all the time, that's even better," said Thompson.

The upgrades, which facility officials hope to have com-



Tom Thompson, president of the East Winnipeg Sports Association, said the association's members cannot wait to see a new skating rink on the pond behind him. BERNICE PONTANILLA/METRO

pleted by next winter, include developing the pond area into a skating rink with lighting, benches, landscaping and a pond entrance; enclosing the canteen with doors and creating a warm-up space there and enhancing the trail system to accommodate cross-country

skiing.

The park has a pump house that will be able to re-flood the rink when they need to, added Wyatt.

Originally, \$7 million was set aside as an incentive for a water park at The Forks, but those plans fell through last

summer and \$3.2 million was directed to rebuilding the East Elmwood Community Centre, which burnt down in 2011.

The 2013 Preliminary Capital Budget, tabled earlier this month, allocates \$271,428 for each of the 14 wards to invest in recreation and leisure.

More cash pledged to schools despite deficit



Education Minister Nancy Allan has announced an increase in school funding despite Manitoba facing a nearly \$1-billion deficit. METRO FILE

Though the province faces a nearly \$1-billion deficit, Manitoba schools will not feel the budget pinch next school year.

The province announced an increase in school funding of \$27.2 million, amounting to a total of almost \$2 billion.

"There was a time when uncertainty in the economy meant cuts to our schools," Education Minister Nancy Allan said in a release. "But your government knows there's nothing more important than

giving our children the start they deserve."

However, the Manitoba PCs said the increase was being administered without looking at whether the money is achieving the desired results.

"We need to take a serious look at why our students are struggling and work to correct the deficient areas. Showing up each year with a funding increase announcement is not an alternative to a results-based education system," said Education Critic

Kelvin Goertzen.

The NDP government has funded schools at or above the rate of inflation every year since 1999.

Last year, school taxes went up on average by five per cent, said the Manitoba PCs, despite increased funding.

Manitoba's Auditor General released a report recently that showed Manitoba racked up a \$999 million deficit last year, about half of that due to flooding.

ELISHA DACEY/METRO

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Transit Tuesday



Weekly Transit News Update

NO PENNIES OR BILLS ON BUSES BEGINNING FEB. 1

Effective Feb. 1, Winnipeg Transit will no longer be accepting pennies or bills on its buses. The new policy goes into effect as the department begins the first phase of a comprehensive Fare Collection System replacement project.

In the coming weeks, Winnipeg Transit will begin replacing the old manual fare boxes on all 555 buses in its fleet with new, state-of-the-art electronic fare boxes.

The new fare boxes will not accept pennies or paper banknotes. Only Canadian or U.S. coins of at least a nickel or higher denomination will be accepted. The decision to not equip the new boxes with banknote readers was made to speed passenger boardings and avoid mechanical problems that are often associated with bill readers. Coins will be validated and counted as they are dropped through the coin slot, while payment information will be presented visually on a display screen that is mounted on the top of the fare box. Operators do not carry or make change.

The new boxes will continue to accept bus tickets but they must be inserted into the ticket slot mounted separately from the coin slot.

Transfers will be available upon request when paying your fare. A paper transfer will be printed and dispensed by the new fare box. When boarding your next bus, the transfer will be read and validated by the new fare box (not the operator).

The new GFI-Odyssey fare boxes will have improved security features, be more user-friendly and will enable additional fare options in the future. Phase two of the fare collection system, expected to be completed in late 2013, includes the introduction of new "Smartcard" technology that will replace tickets and paper passes.

Transit officials estimate it will take between six to seven weeks to outfit the entire fleet with the new boxes. For more information about Winnipeg Transit's new Fare Collection System, please visit winnipegtransit.com.



New Fare Collection System


winnipegtransit.com


Justice Minister Andrew Swan speaks to the media at a press conference, Monday, touting the Manitoba Integrated Warrant Apprehension Unit's 1,000th arrest. SHANE GIBSON/METRO

Police, RCMP joint unit mark milestone arrest

Watershed capture. Warrant apprehension unit tracking down elusive scofflaws



SHANE GIBSON
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A joint unit of the Winnipeg Police Service and Manitoba RCMP tasked with tracking down violent offenders who have evaded arrest, breached bail or failed to show at court reached a psychological benchmark last week.

The Manitoba Integrated Warrant Apprehension Unit — set up between both forces

with provincial funding in September 2011 — made its 1,000th arrest last Thursday.

"There's been tremendous co-operation between the Winnipeg Police Service and the RCMP here in Manitoba, and the unit works seamlessly," said Manitoba's Justice Minister Andrew Swan, who joined brass from both police services to mark the arrest in Winnipeg on Monday.

"The work of this unit is making Manitoba's streets, our communities and our neighbourhoods safer."

The unit, made up of six officers — three from the WPS and three from the RCMP — use a variety of investigative techniques to bring offenders back before the courts, and

together the joint policing effort has cleared roughly 1,330 warrants from the system.

"The majority of our arrests are for serious offences," said WPS Sgt. John O'Donovan of the unit, estimating a little more than 70 per cent of the unit's captures have been violent offenders.

"We've heard from the general patrol officers who are out on the front line every day and they tell us that they run into far less people who are wanted on a regular shift, which means that's freeing them up to do more general patrol police work."

Follow Shane Gibson on Twitter @tsigibson



Fundraiser

Winnipegger's Big Games to get even bigger

What started as an idea to build an oversized version of Jenga for friends to play at the Winnipeg Folk Festival two years ago has since grown to include big versions of several board games — and now the man behind Big Games wants to go even bigger.

While Sean Strachan is keeping his big idea a big secret until next summer's festival, the 29-year-old Winnipeg-based cabinet-maker told Metro his latest project is so huge he's throwing a social next month to help cover the costs.

"It's going to cost about \$7,000 to do everything we want to do this year," he said with a grin. "I'm trying to keep it a secret.... All I'll say is we're taking Big Games to the next level."

With a collection of seven playable games that includes a three-foot-tall version of Jenga Strachan calls "Big Block" and a version of Battleship that's so big that the pegs alone are each seven inches long, it's hard to imagine how Strachan can possibly up his game.

Strachan would say about \$1,000 of the money raised at his fundraiser will go to building big versions of Guess Who? and Twister as well as a huge Cribbage board for this year's festival, and anything raised over and above what he needs for his big secret will be donated to the Manitoba chapter of the Canadian Parks and Wilderness Society.

The Big Games fundraiser will be held at Whiskey Dix on Feb. 17, and tickets are \$10. Call 204-471-8353 or email biggamesfolkfest@gmail.com for tickets, and follow @biggameswpg on Twitter for more information. SHANE GIBSON/METRO

Afghanistan. Not guilty plea in 2010 training accident

A prosecutor has told a court martial in Manitoba that evidence will show a warrant officer showed "wanton and reckless disregard" for the safety of his colleagues during training in Afghanistan.

Paul Ravensdale, who is now retired, is accused of manslaughter, unlawfully causing bodily harm, two counts of breach of duty and two counts of negligence.

He has pleaded not guilty to the charges that stem from a training accident in February 2010 that killed Cpl. Josh Baker and seriously injured four other soldiers.

Prosecutor Maj. Tony Tamburro pointed out that Ravensdale was in charge of the range the day of the accident.

Tamburro also said the warrant officer gave the order to fire an anti-personnel mine while soldiers were nearby and exposed.

"He gave the order to fire those C-19s while his troops were in the danger zone and not under cover," Tamburro said. "This was no mere accident. What the prosecution is saying is that (what happened) was entirely foreseeable and entirely preventable."

THE CANADIAN PRESS



No Idle-ing for protesters

Idle No More protesters gather on the steps of the Manitoba legislative building Monday evening as part of a global day of action. About 800 people showed up, including singer Buffy Sainte-Marie, who sang on the steps. Several of the protesters walked from Bloodvein First Nation in a four-day journey to take part. BERNICE PONTANILLA/METRO

Morsi fails to keep Egypt from falling into revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night with police firing tear gas near Qasr el-Nil Bridge. In nearby

Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," said 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. **THE ASSOCIATED PRESS**



Protesters run for cover near Tahrir Square. KHALIL HAMRA/THE ASSOCIATED PRESS

Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submersed in the water, said the official, who spoke on condition of anonymity.

Sixteen members of the band Kombo Kolombia and four crew members were re-

ported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which celebrate the exploits of drug traffickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

THE ASSOCIATED PRESS

Plane crash

Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The three employees of Calgary-based Kenn Borek Air were killed when their Twin Otter slammed into a mountain on Wednesday.

The U.S. National Science Foundation held the ceremony at its Amundsen-Scott

South Pole Station.

The agency says the dead men made the ultimate sacrifice while supporting scientific research in a remote and hostile environment.

American and New Zealand searchers were able to recover the voice recorder from the plane's tail and it is being sent to Ottawa to be examined.

But searchers have decided they cannot safely recover the bodies of the men until possibly October, when winter in Antarctica is over. **THE CANADIAN PRESS**

Beloved matriarch

Queen of the Netherlands to abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

THE ASSOCIATED PRESS

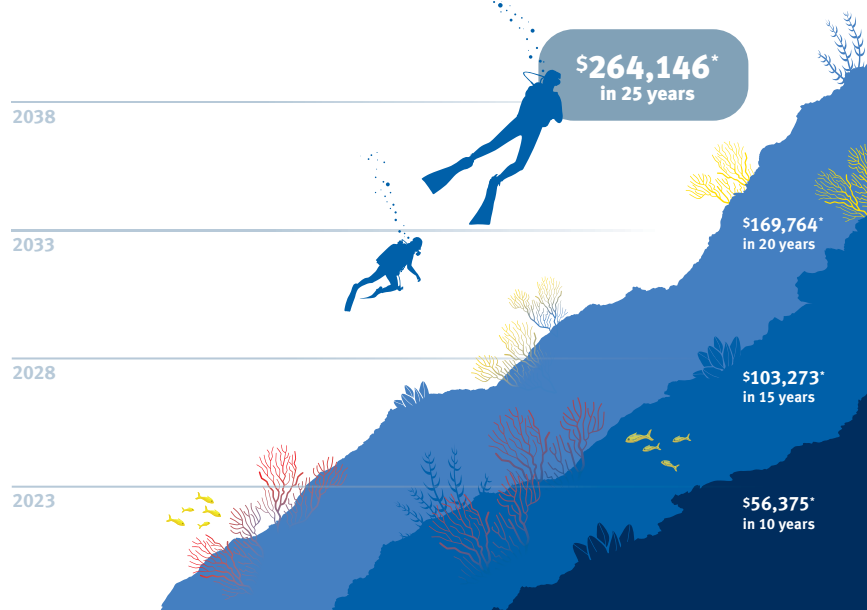


Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. MARIO TORRISI/THE ASSOCIATED PRESS FILE



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Flight. Monkey in rocket launched into space, says Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body



In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

protection and being strapped tightly into a pod that resembled an infant's car seat.

THE ASSOCIATED PRESS

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now

being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher



Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None

of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of

how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

Soldier 'really excited' to get double-arm transplant

The first soldier to survive after losing all four limbs in the Iraq war has received a double-arm transplant.

Brendan Marrocco had the operation on Dec. 18 at Johns Hopkins Hospital in Baltimore, his father said Monday. The 26-year-old Marrocco was injured by a roadside bomb in 2009.

He also received bone marrow from the same dead donor who supplied his new arms. That novel approach is aimed at helping his body accept the new limbs with minimal medication to prevent rejection.

The military is sponsoring operations like these to help

wounded troops. About 300 have lost arms or hands in the wars.

"He was the first quadriamputee to survive" from the wars in Iraq and Afghanistan, and there have been four others since then, said Marrocco's father, Alex Marrocco. "He was really excited to get new arms."

The Marroccos want to thank the donor's family for "making a selfless decision ... making a difference in Brendan's life," the father said.

Surgeons plan to discuss the transplant at a news conference with the patient on Tuesday.

The 13-hour operation was

led by Dr. W.P. Andrew Lee, plastic surgery chief at Johns Hopkins, and is the seventh double-hand or double-arm transplant done in the United States. Lee led three of those earlier operations when he previously worked at the University of Pittsburgh, including the only above-elbow transplant that had been done at the time, in 2010.

Marrocco's "was the most complicated one" so far, Lee said in an interview Monday. It will take more than a year to know how fully Marrocco will be able to use the new arms, Lee said.

"The maximum speed is

an inch a month for nerve regeneration," he explained. "We're easily looking at a couple years" until the full extent of recovery is known.

While at Pittsburgh, Lee pioneered the novel immune suppression approach used for Marrocco. The surgeon led hand transplant operations on five patients, giving them marrow from their donors in addition to the new limbs. All five recipients have done well and four have been able to take just one anti-rejection drug instead of combination treatments most transplant patients receive.

THE ASSOCIATED PRESS



In this July 4, 2012, photo, Army Sgt. Brendan Marrocco poses for a picture at the 9-11 Memorial in New York. Marrocco, 26, the first soldier to survive losing all four limbs in the Iraq war, has received a double-arm transplant in Baltimore.

SETH WENIG/THE ASSOCIATED PRESS



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Chadian soldiers are seen securing Gao airport, north of Mali, on Saturday. Canada's special forces are on the ground in the troubled West African country, sources within the Department of National Defence said Monday, but not in a combat role. GHISLAINE MARIETTE/EMA-ECPAD/THE ASSOCIATED PRESS

Canadian forces are in Mali, but not in combat role: Sources

Islamist insurgency. Feds stand behind non-intervention mandate despite landing boots on the ground

Canada's special forces are on the ground in Mali to help protect Canadian personnel who are already operating in the troubled African country, say sources within the Department of National Defence.

Few other details were immediately available, although the Department of Foreign Affairs went to lengths to communicate that the presence

International pressure

The Harper government has been under pressure from the African Union — and from countries bordering Mali that are plagued by Islamic insurgencies of their own — to take more decisive military action.

of special forces soldiers does not signal an involvement in combat.

"We have been clear; there will be no mission in Mali," a Foreign Affairs official said in a statement. "Steps have been taken to ensure our mission and Canadian personnel are

protected."

Canadian Forces crews have been piloting and supporting Canada's C-17 heavy-lift transport as it moves military equipment in support of French troops. That mission, which was originally only supposed to last a week, is now scheduled to continue until Feb. 15.

Prime Minister Stephen Harper said Monday that any further role for Canada would require consultation with parliamentarians.

"We are providing technical assistance to French and other military forces who are there," Harper told the House of Commons in response to a question from NDP Leader Tom Mulcair.

THE ASSOCIATED PRESS

Born in the U.S.A.

L.A. cracking down on makeshift maternity wards

Los Angeles County is planning a crackdown on makeshift maternity wards where pregnant women, mostly from Asia, stay while giving birth so their children will be U.S. citizens.

The county has received 60 complaints about such facilities in the past month, the Los Angeles Times reported Sunday.

Pregnant women can pay thousands of dollars to stay in the facilities, authorities said.

THE ASSOCIATED PRESS

Bureaucrat sex tapes. Chinese police trying to squeeze whistleblower

A Chinese whistleblower holding secretly-filmed sex tapes featuring city bureaucrats has come under pressure from police to hand them over for an investigation into an embarrassing scandal that has already cashiered 11 officials.

Police questioned Zhu Ruifeng, a former journalist who triggered the scandal in the southwestern city of Chongqing, for seven hours Monday about the tapes and said he could be liable for prosecution if he did not surrender them.

"The police were very polite, but they said they wanted

the videos. I firmly refused to give it to them because I have to protect my source," said Zhu, who lives in Beijing but was, he said, interviewed by Chongqing police officers.

"They threatened me with the law, saying I could be accused of concealing evidence."

The first high-profile case broke in November after Zhu released a video online of a 50-something Communist Party district official having sex with a woman allegedly hired by developers in an extortion bid.

THE ASSOCIATED PRESS

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Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains



KATE WEBB
Metro in Vancouver

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche-safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in pro-



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one.

MATT KIELYTKA/METRO
IN VANCOUVER



Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

fessional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledgers coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope

above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under

Waiting to be rescued

"I kind of just lost that hope for the last minute and went to sleep."

Jeremy Hanke

up to two metres of snow.

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending

eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.

Exclusively online



Jeremy Hanke
WREN MCELROY/CONTRIBUTED



**DAY
2**

THE RISK

Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/backcountry.



Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."



Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.

CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder

flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIETLYKA/METRO IN VANCOUVER

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users,"

Backcountry by the stats

14

The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

7,000

The number of people who take Avalanche Skill Training courses each year.

1.4M

The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

124%

The increase in users at Glacier National Park from 2009 to 2012.

he says. "We don't really know what the rate of avalanche fatalities and close-calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of ava-

lanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable

winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With \$200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIETLYKA/METRO IN VANCOUVER

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.

DYLAN LABELLE/FOR METRO

One-percenters rake in tenth of Canada's income



Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least \$201,400 in 2010. TORSTAR NEWS SERVICE FILE

Income disparity.

StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least \$201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

Rich women

53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent." THE CANADIAN PRESS

Music streaming. Rdio offers free access for six months

In a bid to boost its market share amongst Canadian ear-drums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, their online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the

Quoted

"With streaming music, there still isn't a huge amount of awareness. I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Rdio spokesperson Marisol Segal

country was always a priority for Rdio.

"You can't truly be global if you don't consider making your service available in Canada," she said.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost \$4.99 a month for unlimited web streaming, or \$9.99 for unlimited web and mobile access. LUKE SIMCOE/METRO

Credit crunch. Visa suffers temporary nationwide outage

Visa's credit card system was once again working late afternoon Monday after it crashed earlier in the day, leaving Canadians to reach for their billfolds.

"Visa is 100 per cent operational. The Visa network is working," a Visa spokesperson said. "The issue is with a third party provider and we will be issuing a more detailed statement soon."

Royal Bank of Canada and

TD Canada Trust said their customers were among those affected by the nationwide outage.

"The system is down for Visa credit card transactions," a recorded voice at CIBC customer service said earlier Monday afternoon. "The issue is being investigated and we hope to resolve the issue as soon as possible."

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS



Canadians flocked to social media on Monday afternoon to complain that their Visa cards were being declined. GETTY IMAGES FILE

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Wireless

CRTC puts cell-bill complaints into 1st draft of code

Consumers are asking for clear language in their cellphone contracts and want to be able to put a cap on extra fees, says a draft of a national code for the wireless industry, released Monday by the Canadian Radio-television and Telecommunications Commission. The telecom regulator will hold public hearings on the code the week of Feb. 11, and online comments are open until Feb. 15.

THE CANADIAN PRESS

Agriculture

Japan relaxes restrictions on imported beef

Canadian cattle producers say they're pleased Japan is relaxing restrictions on imported beef from Canada and three other countries a decade after raising barriers amid the so-called mad cow disease scare. Japan's Foreign Ministry announced it will allow imports of beef from cows up to 30 months old. The previous standard was to ban imports of beef from animals older than 20 months. THE CANADIAN PRESS

Market Minute



DOLLAR
99.35¢
(Unchanged)



TSX
12,815.91 (-0.71)



OIL
\$96.44 US (+56¢)



GOLD
\$1,652.90 US (-\$3.70)

Natural gas: \$3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books,

DVDs and housewares, but mostly, there were clothes. Oh, the clothes: piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts, some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted cast-offs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes and eyed each other competitively as they ravaged the mounds of silky blouses and novelty printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a \$39.99 pair of "leather" leggings.

Human beings spend more than \$1 trillion a year on clothing worldwide — an estimated one third of those consumers come from North America. A significant percentage of this industry can be accredited to the enticing appeal of the ill-fitting runway knockoffs churned out en masse by monolithic European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trend-driven clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces.

But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers. Not only for ethical and environmental considerations, but because it would be nice if our clothes didn't expire faster than a container of yogurt.



Fashion Star today, cast-offs tomorrow.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica
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A whale of a suite deal



CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view



"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."

Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona (\$506).
- Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30

degrees outside.



Melting. The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that the popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

"If we set up 'no take zones', such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS



Register at metropolitanpanel.ca and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?

88%
NO.

12%
YES.

Twitter

@WPGNEWSCOMMENT: THE WARMING HUTS AREN'T EVEN WARM

@refplan: I'm pretty sure by the time I head out I'll be so sick of planning I'll just pick a direction and go. End up in Winnipeg or something.

@winnipegscumbag: Runs out of windshield washer fluid. Sends girlfriend out at every stop for a handful of snow. #Winnipeg

@Saganlives: Does anyone know where I can find wheat berries in #Winnipeg? Want to make my own flour.

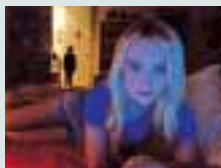
@AaronCarlioni: Thank you Winnipeg for not being -40 today. Really appreciate it

@Mike_Tursi: I get that the Jets moved from Atlanta, so they're still in the Eastern Conference. But is it that hard to just swap Winnipeg & Columbus?



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DVD review



Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexandra Lee

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL



Ashton Kutcher stars in jOBs, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBs — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher

said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in

part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

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Beyoncé-gate a sign of our times?

Reality check. The diva's inauguration performance may have sparked an important debate — are we tired of living in a dream world?

The breathtaking model on your magazine cover — of course she's not that thin and unblemished. That reality show you never miss? You're shocked — shocked that its real-life drama isn't 100 per cent unscripted. And that diva who may or may not have mouthed the words to the national anthem to her own prerecorded voice? Yeah, well, so what? It was a big moment, and she wanted to sound her best.

Whether Beyoncé actually sang at last week's presidential inauguration — the jury's still out, and she's kept silent — is, on the surface, the textbook teapot tempest. Dig deeper, though, and the conversation — or lack of it — reveals something important about society at this moment. The big question is no longer whether reality matters. That ship sailed long ago. More to the point is this: Can reality compete?

"It's as if the fakery has become satisfactory," says Jonathan Vankin, co-writer of *Forever Dusty*, a musical that takes events from the life of the late soul singer Dusty Springfield and — carefully — dramatizes them.

Many, including some of Beyoncé's fans and friends, consider the inauguration debate ridiculous because, after all, even if she was lip-synching, she was doing it to her own powerful voice. Fair enough. That ignores, however, two aspects of live performance.

First is what some consider an implicit contract between a performer and a live audience — the expectation that the audience deserves a performance that's in the moment and that might, just might, even be affected by the presence of the crowd. If none of that happens, then why not stay home, skip the hassle and listen to your iPod? And second, the version of Beyoncé's voice that might be recorded in a studio — with potential help from digital enhancement and "sweetening" — could be quite different from the one produced live on a windy, wintry January day.

It's hardly just music. These examples of artifice in



Did Beyoncé break that implicit contract between performer and audience at the U.S. Presidential inauguration? THE ASSOCIATED PRESS

miniature pop up everywhere in American culture — so much so that we hardly even notice it.

Fundraisers sending out bulk mail now commonly use envelopes shaped like personal greeting cards and do their utmost to make the address look like it's handwritten expressly to you, sometimes even adding "personal notes" that are "written" diagonally across the back. And at Walt Disney World, ground zero of artifice, you can go for a "Caribbean" vacation or a visit to "Morocco" without ever encountering the inconvenient realities of the actual locations such as, say, upset stomachs and poverty.

But it is in entertainment — a realm custom built for artifice — that this notion plays out most broadly.

Even the sordid saga of Lance Armstrong, which might seem to share little with the inaugural singing question, can teach us something. Sure, the main issues are that he doped, cheated and intimidated those who would have exposed him. But he, too, offered a not-quite-real public performance that, when you pull back the curtain, broke an implicit contract with his audience.

"Maybe, just maybe, we're all a little tired of being tricked, be it great trickery or be it small trickery," says Virginia Lee Blood, a musician and singer in Nashville, Tenn.

More than that, though, are we setting up unrealistic expectations about the world, piece by tiny piece? How can you persuade a young girl who wants to grow up to sing like Beyoncé that, yes, with practice and

Really?

This big old world is a messy one...

"Reality is complicated, messy and uncertain. We want it to be shrink-wrapped and labelled clearly," says Mark Carnes, general editor of *Past Imperfect: History According to the Movies* and a historian at Barnard College. "We prefer the crisp clarity of sound bites and slogans to the blaring cacophony of the world around us."

hard work she might belt out the national anthem one day at a major public event — if that performance turns out to be not entirely what it seemed?

Even Kurt Cobain, whose music was welcomed by many as a burst of show-business authenticity, struggled with the issue. In his 1994 suicide note he weighed in once more, this time about pretending to be enthusiastic on stage.

"The worst crime I can think of," Cobain wrote, "would be to rip people off by faking it."

Of course, Cobain's band, Nirvana, also produced, much more famously, six words that encapsulated the era in which we live — and give us what is perhaps the ultimate verdict on this issue. "Here we are now," he sang. "Entertain us."

THE ASSOCIATED PRESS

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Jenna Dewan-Tatum ALL PHOTOS GETTY IMAGES

Jenna's baby bump bringing her the bizarre

Jenna Dewan-Tatum is taking to Twitter for some peace of mind during her pregnancy — with some famous friends providing answers.

"Ok my fellow preggers ladies, about these hormonal dreams," Dewan-Tatum, who is expecting her first child with husband Channing Tatum, tweeted.

"Is it normal to fly on a magic carpet while presenting at Golden Globes?" Luckily Dewan-Tatum's pal Evan Rachel Wood, who is also currently pregnant, was online to reassure her.

"Totally normal," Wood wrote. "I floated away while holding on to balloons and yelled at my dentist's assistant in my dream."

And she's rollin', rollin', rollin' outta the USA

Tina Turner is ditching her U.S. citizenship and becoming a resident of Switzerland, according to Swiss newspaper Zuerchersee-Zeitung. While the local council where the 73-year-old singer has been living has approved her application for Swiss citizenship, the request still needs to

be given the go-ahead by state and federal authorities. "I am very happy in Switzerland and I feel at home here. I could not imagine a better place to live," Turner tells German newspaper Blick. Turner has kept her primary home in a suburb of Zurich since the mid-1990s.

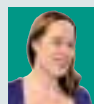
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rick Ross is in all sorts of trouble, as is the delightful Chris Brown



THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris

Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys."

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.



Randy Quaid

Canada ain't too keen on keeping Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been

denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz



Ben Affleck and Jennifer Garner

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Twitter



@ParisJackson

is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head



@arnettwill

just saw one of those commercials for milk. glad they have those. almost forgot what milk was.



@ABFoundation

Disregard that last tweet. Someone hacked me.



@Bitchuation

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Health

Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise,

especially after meals, the journal of the American College of Sports Medicine reports. Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate

a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk

for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of

this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of *Medicine & Science in Sports & Exercise*.

MEREDITH ENGEL, MWN

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote *The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym*.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it."

"People go to the gym to



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

focus on themselves," Pines says.

"That's what it's all about — but you have to be aware of your impact on others around

you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a

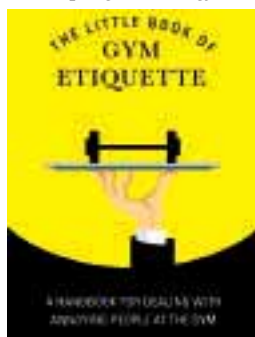
fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."



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Tropical escape on a plate: Swordfish with Mango Salsa



ROSE REISMAN
for more, visit
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Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F.

Ingredients

Prep time: 15 minutes
Cook time: 10 minutes

- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper

Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dinner. Whole-Grain Penne Bella Stagione



1. In sauté pan on medium-high, heat 45 ml (3 tbsp) olive oil; add onion. Cook until translucent. Add celery and crumbled sausage and sauté 7 mins. until sausage has browned.

2. Add diced tomatoes, hot pepper flakes and water; season with salt. Bring to boil, reduce heat and simmer 15 mins.

3. In meantime, bring a sufficient amount of salted water to boil and cook pasta according to package directions. In frying pan, heat remaining olive oil and add eggplant and zucchini. Sauté 7 mins. or until vegetables are tender but crisp. Set aside. Remove sauté pan from heat; add basil, cover and let stand 5 mins.

4. Add pasta to sauce and mix well. If sauce too thick, add little stock to desired consistency.

5. Serve pasta in a dish garnished with the sautéed vegetables, freshly grated Parmigiano-Reggiano, to taste

giano-Reggiano and a thread of olive oil. **THE CANADIAN PRESS/CREATED BY CHEF STEFANO FAITA FOR BARILLA, BARILLA.CA.**

Ingredients

- 90 ml (6 tbsp) extra-virgin olive oil, divided, plus extra for garnish
- 1 small onion, diced
- 1 to 2 celery stalks, diced
- 175 g (6 oz) Italian pork sausage (1 or 2), casing removed and crumbled
- 1 can (398 ml/14 oz) diced tomatoes
- 2 ml (1/2 tsp) hot pepper flakes
- 150 ml (2/3 cup) water
- Salt, to taste
- 1 box (454 g) whole-grain penne rigate
- 1 medium eggplant, peeled and cut in cubes
- 2 small zucchini, cut in cubes
- 4 to 5 basil leaves
- Freshly grated Parmigiano-Reggiano, to taste

Take your taste buds to Mexico with Baked Burritos

Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

Look for “no fat” and “no added oil” when shopping for healthier pasta sauce options. Plus, stock up on spices. Cayenne pepper adds the Mexican flare without adding sodium.

Want to quickly add more

Ingredients

- 2 small 6-inch (15 cm) low sodium multi-grain flour tortillas
- 1/2 cup (125 ml) low sodium refried beans
- 1/2 cup (125 ml) each shredded carrots and zucchini
- 1/2 cup (125 ml) diced cooked chicken
- 1 1/4 cup (300 ml) Healthy Choice Traditional pasta sauce, divided
- 4 tbsp (about 1/2 cup/ 125 ml) shredded cheese
- 1/2 tsp (1.25 ml) cayenne pepper (optional)
- 1 tbsp (15 ml) finely chopped cilantro, for garnish
- 1/4 cup (50 ml) guacamole (optional)

protein to your burritos without the extra sodium? Use downtime to roast a whole chicken. Remove meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

1. Preheat oven to 375 F (190 C); place tortillas on working surface.

2. On each tortilla, evenly spread 1/4 cup (50 ml) beans; top with 1/4 cup (50 ml) each: shredded carrots, zucchini and diced chicken. Top with 1/8 cup (30 ml) Healthy Choice Traditional pasta sauce. Roll each tortilla around ingredients and place seam-side down in oven-proof baking dish.

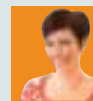
3. Top with 1 cup (250 ml) Healthy Choice Traditional pasta sauce and shredded cheese and sprinkle with 1/8 tsp. (0.6 ml) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.

4. Garnish with freshly chopped cilantro and serve with an optional side of guacamole.

NEWS CANADA/HEALTHYCHOICECANADA

Health Solutions

Good ol' topical coffee



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in

the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only

tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**



This recipe serves one. NEWS CANADA

And the award for best person goes to ...

Gender neutrality.

Will acting award shows ever ignore a person's sex and allow men and women to compete for the same honours?

Do Meryl Streep, Anne Hathaway and Helen Mirren really need a category just for women — a singular kind of affirmative action — to snare one of Hollywood's favourite accessories, an Oscar, Emmy or Screen Actors Guild trophy?

In a society tilting steadily toward gender neutrality, the separate-but-equal awards that divide actors into one camp and actresses into another have the whiff of a mouldy anachronism. True, the Association for Women in Science gives honours to encourage female success in male-dominated fields. But to mark enduring achievements, would its members ever yearn for a Women's Nobel Prize in physics? In contests of intellect or artistry, should gender ever matter?

"It's not like it's upper body strength," Gloria Steinem dryly observed of the requirements of acting. The separate labelling of male and female performers is losing favour in the industry. Actresses often swat the distinction away by calling themselves "actors," standing shoulder to shoulder with their male counterparts.

Usherettes are long gone from cinema lobbies, after all. And defence officials said Wednesday the Pentagon will lift its ban on women in combat. SAG, which holds its awards ceremony Sunday, edged toward neutrality with its trophy dubbed the Actor, although the guild gives separate honours to best performance by a male actor and female actor. That cracks the door open, but only slightly. Fling it wide so that Daniel Day-Lewis' majestic performance in Lincoln and Jessica Chastain's steely turn in Zero Dark Thirty vie for the grand prize!

"That's a great idea," said Mark Andrews, writer-director of the animated film Brave. "At the end of the day, we're all storytellers, and I don't think when we're defining a character that the gender is the major defining factor."

Quoted

"It's not like it's upper body strength."

Feminist, journalist, activist Gloria Steinem
On how gender shouldn't matter in contest for intellect and artistry.



Feminist, journalist and political activist Gloria Steinem is in favour of gender neutrality in acting. CANADIAN PRESS

Quoted

"It's an awesome question worthy of an awesome debate."

Actress Anne Hathaway
On the subject of gender neutrality in the acting business.

In all other awards-eligible fields, including directing, writing or cinematography, everyone is "going for it," male and female alike, Andrews said.

That may be progress in theory for performers, but not in practice, according to Sally Field, a SAG and Oscar best supporting actress nominee for Lincoln. "If you do that you won't see any actresses up there (on stage) at all," she said. "The percentage of roles is so weighted toward actors. That's the way it's always been."

Exactly, concurred Naomi Watts, The Impossible best actress SAG and Academy Award nominee. "There's so much competition in life and I do think we are different," she said. "Yes, we should be able to have the same things as much as possible ... (but) life's a battle already and there's so many great roles written for men. Women are at a disadvantage when it comes to volume."

Hathaway, in the running for SAG and Oscar supporting actress honours for Les Misérables, considers the gender split "an awesome question worthy of an awesome debate."

"Can I conceive of a world where performance becomes a genderless concept? Absolutely. Do I think it's going to happen anytime soon? No," she said. As Field pointed out, the bedrock challenge is that women get fewer substantive roles than men. Ironically,

that's obscured by the artificial parity on stage each year at awards shows. Five women compete, five men compete, two winners are crowned.

So what's the problem? A quick numbers check makes it clear: Females comprised about a third of the characters in the 100 top-grossing films in 2011, according to the Center for the Study of Women in Television and Film at San Diego State University. This, despite the fact women make up slightly more than half of the U.S. population. And the finding isn't an anomaly, according to the centre's past research. In this context, feminist leader Steinem sees legitimate reason to retain separate acting awards. When two unequal groups are combined, it's the less-powerful one that loses, she said, as when 20th-century U.S. school desegregation led to mass layoffs of black principals and administrators.

Hollywood, often viewed as staunchly progressive, shows no indication of abandoning tradition in the awards arena.

The Oscars Awards, a reflection of their time, launched in the 1920s with his-and-hers acting trophies (for Emil Jannings and Janet Gaynor) and stuck with the formula.

Television showed its modernity by kicking off the Emmy Awards in 1949 with a gender-neutral trophy for best TV personality — which was won by a woman, Shirley Dinsdale — according to Emmy archives.

Following Oscar's lead, however, the Emmys quickly added separate actor-actress contests in 1951. A best reality host category, begun in 2008, is open to men and women.

In the behind-the-scenes film and TV categories in which the sexes compete, women rarely make it on stage at awards ceremonies. The Oscars started in 1929, but it wasn't until 2010 that the first woman, Kathryn Bigelow, was honoured as best director (The Hurt Locker). Stats again provide clarity: Women made up a paltry nine per cent of the directors on 2012's top-grossing films, a new San Diego State University study found.

Let's give two-time Oscar winner Field the last word in this debate. Actresses "should be in their own category because they ARE in their own category," she said. "They face their own specific kind of difficulties surviving in this business that actors, bless their hearts, don't face."

THE ASSOCIATED PRESS

Have a 'good' fight with your partner. Discover the real reason why you clash and argue

The main offenders

Things that couples fight about the most

- Money
- Free time
- Sex
- Household chores
- The children or pets
- Politics
- Religion

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-

seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them.

METRO NEW YORK



Discover the real reason why you fight with your partner. ISTOCK PHOTO

metro

FINANCIAL PLANNING

Tuesday, January 29, 2013



It's never too late to take control of your cash. HEMERA/THINKSTOCK

Time to tune up your finances

Take control of your cash. Take the first step to put good spending and saving habits in place

JANE DOUCET
For Metro

Do you feel like you never have enough money at the end of the month? And you can't figure out where your paycheques are going? If so, you aren't alone.

"Not knowing where

money is being spent is one of the most common financial issues people have," says Harley Lockhart, the chair of Advocis, The Financial Advisors Association of Canada. Lockhart is also a certified financial planner and senior adviser at Quail Ridge Financial in Kelowna, B.C.

The good news? It's never too late to take control of your

cash. "No amount is too small to start saving," Lockhart said. "Taking the first step can be tough, but it gets easier after you've put some good spending and saving habits in place."

Lockhart offers these tips on how to better manage your hard-earned dollars.

Pinpoint your goals

"My key role is to help identify financial issues that are creating stress for people, then help them focus on how to relieve those stressors," Lockhart said.

He helps clients figure out what's important to them over both the short and long term — perhaps paying off debt or saving for a vacation, wedding or retirement — then creates a financial plan to help them meet those objectives.

Track your spending

An easy way to analyze expenses is to keep all of your daily receipts, then at night write down on a piece of paper each total and what it bought. Lockhart asks his clients to do this for a month,

then meet with him to review the results. "Suddenly, they realize just how expensive their daily Starbucks coffee or takeout lunch is," he said.

Create and stick to a budget

Lockhart likes to impart this pearl of wisdom to clients: "If your out-go exceeds your income, your upkeep will be your downfall." In other words, if you spend more than you earn, you will go into debt trying to maintain a lifestyle you can't afford. "That applies regardless of how much

you make," Lockhart said. He helps clients draft realistic budgets that don't deprive them of affordable treats so they don't feel deprived.

Don't bank on "bonus" cash

Wishing for a lottery windfall or an inheritance from a wealthy relative? Don't count on it. "An estate settlement may not contain what you expect," Lockhart said. "The only money you're going to have in the future for certain is what you're going to send there yourself."

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Penalties. Canadians using RRSPs for illness costs



TALBOT BOGGS
Smart Investing

As they age, more and more Canadians are withdrawing money from their RRSPs to cover expenses incurred by critical and long-term illnesses, incurring heavy tax penalties and damaging their long-term retirement savings.

"We are seeing a trend among people to dip into their RRSP savings to cover costs or replace income that they might lose because of a serious injury or illness," said James McKeown, a senior insurance specialist with Edward Jones.

"Early withdrawal of money from your RRSP can have a number of consequences. Once the money is out you have to start over again to save it and you also lose the compounding growth that you would have gotten if it had stayed in."

As well, the government taxes early withdrawals very heavily. If you withdraw up to \$5,000, you pay a 21 per cent withholding tax in Quebec and 10 per cent in all other provinces. Withdrawals between \$5,001 and \$15,000 are taxed at 26 per cent in Quebec and 20 per cent in other prov-



More and more Canadians are withdrawing money from their RRSPs to cover expenses for illnesses, which leads to a number of consequences. JUPITERIMAGES/COMSTOCK/THINKSTOCK

inces, and early withdrawals more than \$15,000 are taxed at 31 per cent in Quebec and 30 per cent in all other provinces.

And there's another penalty. Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have \$30,000 contribution room and take out \$15,000, you are

left with only \$15,000 of contribution room.

Many aging Canadians are turning to critical illness, disability and long-term care insurance as an alternative way to protect themselves from the financial impact of a serious illness or disability.

"A diagnosis of a serious disease like cancer can have a devastating impact on the individual and their family,"

McKeown said. "In times like this you want to spend all your efforts on getting the right treatment and getting well again. The last thing you want to be worried about is finances."

Critical illness insurance is designed to provide a lump sum payment of cash upon medical diagnosis of a specific condition. The number of conditions covered

varies depending on the insurance company, but could be as high as 24. Most claims, however, are made for cancer, stroke and heart attacks, the three most common illnesses in North America.

A typical \$100,000 policy for a non-smoking 50-year-old male would cost \$101 per month and \$86 per month for a non-smoking 50-year-old woman. The average policy is for \$100,000, which is paid in a lump sum 30 days after diagnosis.

Complementing critical illness insurance are disability and long-term care (LTC) insurance, which also provide benefits while you are alive.

Disability insurance is designed to replace a portion of your income if you are unable to work for an extended period due either to an accident or sickness.

LTC insurance provides an income based on a person's cognitive impairment or inability to perform daily living activities such as eating, bathing or toileting.

According to the Council on Aging, more than 40 per cent of people older than the age of 65 will at some point in their remaining years require long-term care and spend time in a nursing home or

Long-term care

"According to the Council on Aging, more than 40 per cent of people older than the age of 65 will at some point in their remaining years require long-term care and spend time in a nursing home or long-term care facility for an average of three to four years."

long-term care facility for an average of three to four years.

Twenty per cent will stay more than five years and for a couple older than 65 there is a 66 per cent chance that at least one of them will enter a long-term care facility at some point in their lives.

Some synergy policies combine all three types of plans in one.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Women wield more control

More and more women are taking control of the family finances and are often acknowledged as the "chief financial officer" of the household. According to a BMO study, 82 per cent of Canadian women are either the primary decision-maker or have equal responsibility for household financial decisions.

On a larger scale, women control about one-third of all wealth in North America, with this number increasing by eight per cent every year.

Given these numbers, it is no wonder that women have become more engaged investors — and many are adopting online investing as a way to manage their portfolios.

However, studies also show that many women still lack confidence in managing their finances and tend to seek out advice more than men when making investing decisions.

"It's great news that women are controlling an increasing amount of wealth in Canada and are becoming key decision-makers for their household finances," says Viki Lazaris, the president and CEO of BMO InvestorLine. "However, for women to become more comfortable around financial matters, they need to develop the confidence to manage their investments. With education and advice, women can be-



Woman have become more engaged investors and many are adopting online investing as a way to manage their portfolios. ISTOCKPHOTO/THINKSTOCK

come more engaged and assured investors."

Lazaris points out that BMO recently introduced "adviceDirect," an innovative service that provides investors with advice on how to manage their investment portfolio. The first service of its kind in Canada, it puts you in control by providing specific recommendations to help manage your portfolio. This

online service is tailored for those who want to invest on their own but receive advice when making their decisions.

"It lets you keep control without being on your own, just like having a co-pilot to guide you," Lazaris says.

Alternatively, investors can choose a self-directed service that provides tools to help make independent decisions. **NEWS CANADA**

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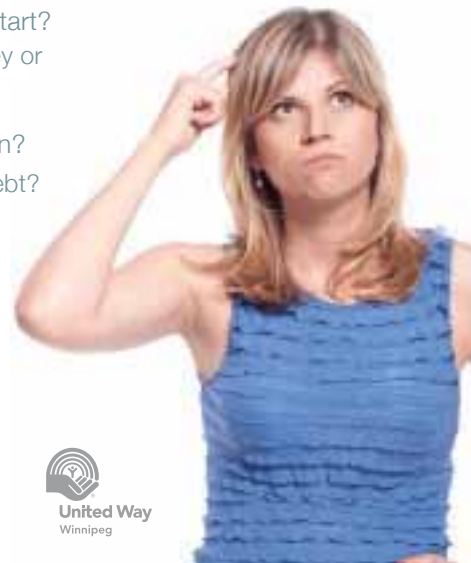
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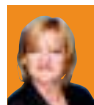
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Avoiding the stress of RRSP season

Alison on Money.

Setting up an automatic contribution plan will help you deal with this stressful time



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress



RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is \$22,970. However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your

RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer

In numbers

\$69,426.19

The value of \$100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

from your bank account to your RRSP when your pay cheque is deposited.

Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and

aim to do that every year at this time.

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Don't expect to win any bags of money — lottery odds aren't too favourable. ISTOCK IMAGES

How do you fit the lottery into your financial plan?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how \$20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow!

But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lot-

tery will never happen.

If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing \$25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP.

If you started contributing \$25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have \$335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total \$670,000 by retirement.

(Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Follow Lesley on Twitter
[@LesleyScorgie](https://twitter.com/LesleyScorgie)



NHL

Subban strikes 2-year deal to stay a Canadian

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, \$5.75-million US contract on Monday.

He will make \$2 million the first year after having earned \$875,000 last season on an entry-level contract.

THE CANADIAN PRESS



P.K. Subban GETTY IMAGES FILE

X Games

Snowmobile rider in critical condition

Snowmobile rider Caleb Moore remains in critical condition after a crash at the Winter X Games in Aspen and is being closely monitored.

His family thanked Moore's fans for their support Monday and asked for their prayers.

The 25-year-old was performing a flip Thursday when he clipped the top of a jump and went over the handlebars. The snowmobile rolled over him, but he walked off the course with help and went to a hospital with a concussion.

While there, he developed bleeding around his heart and was flown to Grand Junction for surgery Friday. His family said Sunday that Moore then had a secondary complication involving his brain.

THE ASSOCIATED PRESS

Jets not basking in glow of early success

NHL. Winnipeg, winner of three straight, off to a better start than last year

Defence and discipline are the foundation on which the Winnipeg Jets are trying to build a strong second season and, for the most part, it seems to be working.

Just five games in, they're already off to a seven-point start and that's more than twice their total last season at the same point, when they had to fight to get to .500 and missed the playoffs.

But no one is letting it go to their heads.

"I'm a little bit reluctant to put too much into the five games, it's just a little bit early," coach Claude Noel said Monday, before departing for a game Tuesday night in Montreal.

"I like what I see. We all like what we see in the fact that we've managed this thing and now we're 3-1-1 (but) let's keep this in perspective."

There is no question it feels better to be well above .500 than struggling to reach that mark, even this early in the season. But, like their coach, the players aren't banking on anything just yet.

"Whenever you're ahead of the game you're able to build on what you've done and you're not working to get back in the mix of the playoffs, so we're in a good position right now," said team captain Andrew Ladd.

"But, at the same time, it's only five games in and doesn't mean anything, so we've got to keep going and keep building on what we've done."

Goaltender Ondrej Pavelec



The Winnipeg Jets mob Evander Kane after he scored the game-winning overtime goal against the New York Islanders on Sunday in Winnipeg. The Jets are off to a fast start to the shortened season. TREVOR HAGAN/THE CANADIAN PRESS

Jets' lapses

- Winnipeg leads the league in the fewest penalties so far with just 17, but they gave up four of those Friday against Pittsburgh and one led to a power-play goal.
- Their generally strong defensive play also suffered but they were able to bounce back against the Penguins, overcoming a two-goal first-period deficit to win 4-2.

"That's our plan and we have to stick with the plan." One other change from

last season is their ability to win on the road. In fact, their first win this season came on the road.

In 2011-12, it wasn't until Game 9 that they managed a road win and they ended the season with a woeful away record of 14-22-5.

They'll be putting their road game to the test again in Montreal and Noel says the Canadiens (3-1-0) are clicking as well. They beat the New Jersey Devils 4-3 in overtime Sunday night.

"It's not going to be an easy place to play. We all know what Montreal's like so, you know, for us it's a heck of a challenge . . . We just need to make sure we're playing a good game."

THE CANADIAN PRESS

Tiger rules once more at Torrey Pines



Tiger Woods holds up the trophy after winning the Farmers Insurance Open at the Torrey Pines Golf Course, Monday, in San Diego.

GREGORY BULL/THE ASSOCIATED PRESS

Tiger Woods is a winner again at Torrey Pines, and the only question on Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus, and his patience, during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory on the course where he has more wins than any other in his pro career.

One week after he missed the cut in Abu Dhabi, he ruled at Torrey Pines.

Woods built a six-shot lead with 11 holes to play when the final round of the fog-delayed tournament was suspended Sunday by darkness. He returned Monday and looked stronger than ever until the tournament dragged to a conclusion. Having to wait on every tee and from every fairway — or the rough, in his case — Woods made bogey from the bunker on the 14th, hooked a tee shot on the 15th that went off the trees and into a patch of ice plant and led to double bogey, and then popped up his tee shot on the 17th on his way to another bogey.

"It got a little ugly toward

Adding to his tally

- Woods won this tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times.
- It was his 75th career win, seven short of Snead's all-time tour record.

the end," Woods said. "I started losing patience a little bit with the slow play. I lost my concentration a little bit."

THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

Taurus

April 21 - May 21

Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

Gemini

May 22 - June 21

You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

Cancer

June 22 - July 23

It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

Leo

July 24 - Aug. 23

You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

Virgo

Aug. 24 - Sept. 23

Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

Libra

Sept. 24 - Oct. 23

You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

Scorpio

Oct. 24 - Nov. 22

You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

Sagittarius

Nov. 23 - Dec. 21

Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

Capricorn

Dec. 22 - Jan. 20

A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well!).

Aquarius

Jan. 21 - Feb. 19

You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

Pisces

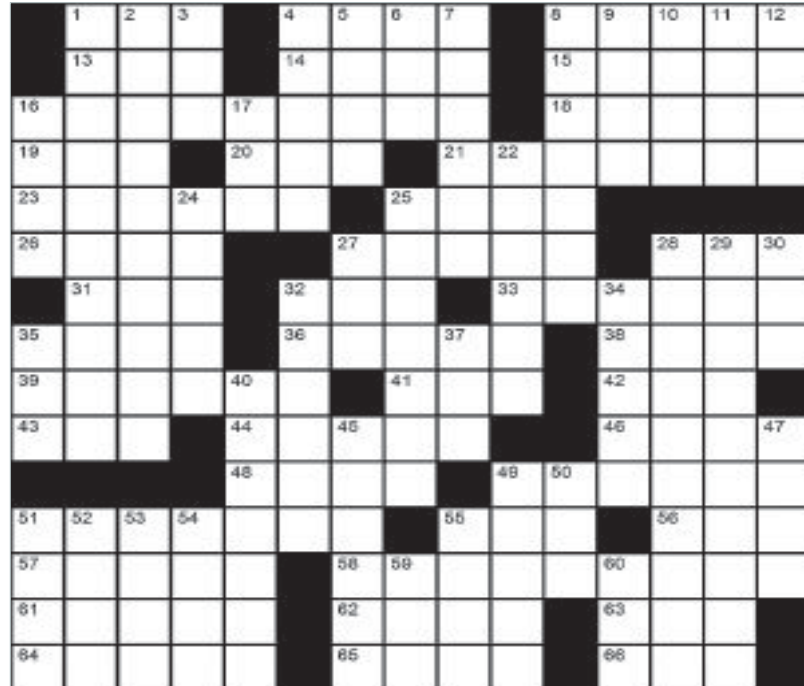
Feb. 20 - March 20

How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Pressure meas.
- Research papers, e.g.
- Coffee brand est. 1896 in Vancouver
- Tsar's li'l land
- Hawaiian island
- Chicago's airport
- Brad Pitt movie: 2 wds.
- Aussie actress Ms. Wilson
- "This ___ recording..."
- Dixie Cups song, when doubled
- Unyielding
- Financial magazine
- Persia now
- Past person of Peru
- Calamari
- William to Harry, for short
- ___ cake
- ___ Na Na
- Old West hangout
- Lettuce variety
- "Shout" by The ___ Brothers
- Ms. Poehler's
- Plane name
- Belonging to the intl. org. based in NYC
- Sports org.
- Canonized titles [abbr.]
- Legendary Canadian heavy metal band
- Serene
- Tightly stretched
- Veer
- Adele's Oscar-nominated song
- 1990s trial Judge
- Slang-style insult
- Hammer ___ in
- Green Gables area of PEI
- Montreal-born country singer Ms. Clark
- "Get ___ Up" by John Mellencamp
- Some vowels
- "You Won't ___" by The Beatles
- Bananarama song: "Robert De ___'s Waiting"
- ___, "The A-Team" star



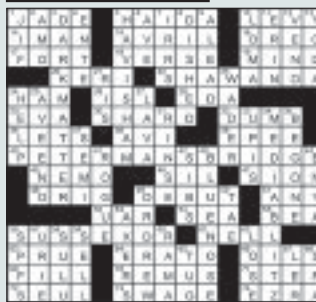
Down

- Warden's worry: 2 wds.
- Tea party items: 2 wds.
- 'Book' suffix
- Enjoys heavy metal
- ___ Alto, California
- Wed.'s follower
- Automaker of Japan
- Rouyn-___, Quebec
- "Cough..."
- The Who's "___ O'Riley"
- Lucy Liu's 'Kill Bill' role, _- _
- Ishii
- Fashion accessory
- Minnie Mouse's pet dog

- Fasten
- Namesakes of Donald Duck's beloved
- Disney deer
- Nunavut's capital
- Quietude requests, variably
- Canadian aircraft manufacturer
- Typical item on Charles and Camilla's itinerary: 2 wds.
- Offs opposites
- Newfoundland attraction, ___ Hill
- Oprah's recent interviewee
- Blues guitarist Mr. King's
- Made-bigger pic

- Cape Breton fiddler Ms. MacMaster
- What Spock's father was
- Fit
- Prefix to 'saurus' (Plated-back dino)
- Triumphed
- TGIF followers
- Human hinge
- Handled easily, as a ship
- Tom Cruise movie, "The ___" (1993)
- Folkie band, Bon ___
- CNN's Mr. Velshi
- Built by a beaver

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -10°
MIN: -11°

WEDNESDAY



MAX: -19°
MIN: -26°

THURSDAY



MAX: -25°
MIN: -33°



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